



STOVE TOP Easy Brunch Casserole

READY IN



65 min.

SERVINGS



5

CALORIES



781 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 8 oz oscar mayer bacon crumbled cooked
- 6 eggs
- 2 cups milk
- 1 cup cheddar cheese shredded kraft
- 2 cups stove top stuffing mix for chicken in the canister

Equipment

- bowl
- frying pan

oven

whisk

Directions

Heat oven to 350F.

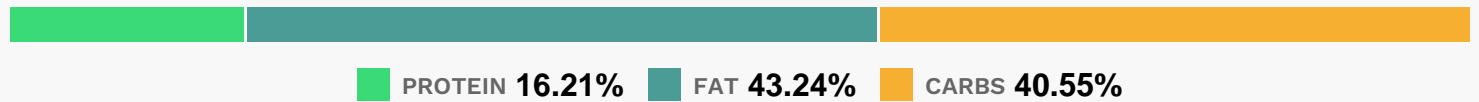
Whisk eggs and milk in large bowl until blended.

Add remaining ingredients; mix well.

Spoon into 13x9-inch pan sprayed with cooking spray.

Bake 45 to 50 min. or until center is set.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.88, Inflammation Score:-7, Nutrition Score:27.074782475181%

Nutrients (% of daily need)

Calories: 780.71kcal (39.04%), Fat: 37.05g (57%), Saturated Fat: 14.64g (91.49%), Carbohydrates: 78.18g (26.06%), Net Carbohydrates: 75.15g (27.33%), Sugar: 12.79g (14.21%), Cholesterol: 261.61mg (87.2%), Sodium: 1889.77mg (82.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.25g (62.51%), Selenium: 79µg (112.86%), Vitamin B2: 0.89mg (52.63%), Vitamin B1: 0.77mg (51.44%), Phosphorus: 505.38mg (50.54%), Folate: 188.55µg (47.14%), Calcium: 403.46mg (40.35%), Vitamin B3: 7.43mg (37.17%), Manganese: 0.59mg (29.4%), Iron: 4.75mg (26.4%), Vitamin B12: 1.48µg (24.7%), Zinc: 3.33mg (22.17%), Vitamin B6: 0.43mg (21.47%), Vitamin B5: 1.9mg (18.95%), Magnesium: 67.45mg (16.86%), Vitamin D: 2.45µg (16.31%), Potassium: 559.28mg (15.98%), Copper: 0.29mg (14.54%), Vitamin A: 688.36IU (13.77%), Fiber: 3.03g (12.11%), Vitamin E: 1.33mg (8.85%), Vitamin K: 2.03µg (1.94%)